

# Kentucky Department of Education

## Course Standards for 2019-20 and Beyond

Course Code: 703088

Course Name: K-3 Integrated Health Education & Physical Education

Grade level: 2



Upon course completion students should be able to:

### Standards

#### HEALTH

##### Standard 1

Students will comprehend content related to health promotion and disease prevention to enhance health.

- 2.1.1. Describe how to use medicine correctly
- 2.1.2. Explain what it means to be healthy and how healthy eating and sleeping patterns help the body grow and develop.
- 2.1.3. Identify the benefits of healthy peer and family relationships.
- 2.1.4. Identify safety hazards in the home and the community.
- 2.1.5. Explain why it is harmful to tease or bully others based on personal characteristics.
- 2.1.6. Identify short and long-term physical effects of being exposed to tobacco smoke.
- 2.1.7. Explain why inappropriate touches should be reported to a trusted adult.

##### Standard 2

Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- 2.2.1. Identify and explain how community opportunities can influence personal health decisions and behaviors.

##### Standard 3

Access valid information, products and services to enhance health.

- 2.3.1. Demonstrate how to locate school, home or community health care helpers to enhance health.
- 2.3.2. Identify trusted adults within the community that provide personal health services.

##### Standard 4

Use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 2.4.1. Demonstrate effective listening and verbal communication skills.
- 2.4.2. Demonstrate healthy ways to effectively communicate needs, wants and feelings.
- 2.4.3. Demonstrate appropriate ways to respond to an unwanted, threatening or dangerous situations.
- 2.4.4. Identify a trusted adult to ask for help in an unhealthy situation.
- 2.4.5. Demonstrate how to communicate care and concern for others.

##### Standard 5

Use decision-making skills to enhance healthy behaviors.

- 2.5.1. Explain the potential outcomes of personal health decisions.

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- 2.5.2. Explain the difference between when a health-related decision can be made individually and when assistance is needed.
- 2.5.3. Identify how family, peers and media impact health-related decision making.

### Standard 6

Use goal-setting skills to enhance healthy behaviors.

- 2.6.1. Set goals for positive physical, mental and emotional health.
- 2.6.2. Analyze steps needed to reach a health-related goal.
- 2.6.3. Describe people who can support the achievement of health-related goals.

### Standard 7

Practice health-enhancing behaviors and avoid or reduce health risks.

- 2.7.1. Describe personal responsibility in making healthy life decisions.
- 2.7.2. Describe behaviors that can cause harm to personal wellness.
- 2.7.3. Describe positive health behaviors regarding personal wellness, physical activity and safety.

### Standard 8

Advocate for personal, family and community health.

- 2.8.1. Demonstrate how to encourage peers to make healthy behavior choices.
- 2.8.2. Make a request of others to advocate to improve their personal health.

## PHYSICAL EDUCATION

### Standard 1

Demonstrate competency in a variety of motor skills and movement patterns.

#### Locomotor

- 2.1.L1. Perform a variety of locomotor movements traveling in different directions, at different speeds and in different pathways.

#### Non-Locomotor

- 2.1.NL1. Perform non-locomotor skills, with and without equipment.

#### Body Management

- 2.1.BM1. Perform a variety of balances using different body parts with and without equipment.
- 2.1.BM2. Transfer weight to different body parts using control, with and without equipment.

#### Manipulative Skills

- 2.1.MS1. Demonstrate manipulative skills with a variety of objects using appropriate performance cues.

### Standard 2

Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

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### Space

- 2.2.SP1. Perform movement skills in general space.

### Pathways, Shapes and Levels

- 2.2.PS1. Combine shapes, levels and pathways into travel sequences.

### Speed, Direction and Force

- 2.2.SD1. Vary time and force with gradual increases and decreases.

### Strategy

- 2.2.ST1. Apply a variety of simple tactics to increase chances of success during the performance of physical activities.

## Standard 3

Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

### Physical Activity Knowledge

- 2.3.PA1. Identify opportunities to participate in physical activity in various settings.

### Physical Fitness Knowledge

- 2.3.PF1. Identify the importance of daily physical activity and track the amounts in a variety of settings.
- 2.3.PF2. Describe different activities that improve strength of the heart and lungs.

### Nutrition

- 2.3.N1. Describe the balance between nutrition and physical activity.

## Standard 4

Demonstrate responsible personal and social behavior that exhibits respect for self and others.

### Social Interactions/Working with Others

- 2.4.SW1. Work with others independently in partner environments.

### Rules and Etiquette

- 2.4.RE1. Recognize and follow the established rules, protocols and etiquette in physical education.

### Safety

- 2.4.SA1. Follow teacher directions for safe participation and proper use of equipment, independently and with others.

## Standard 5

Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

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### Health

- 2.5.H1. Identify physical activities that contribute to a healthy lifestyle.

### Challenge

- 2.5.C1. Compare physical activities that bring confidence and challenge.

### Self-Expression and Enjoyment

- 2.5.SE1. Identify physical activities that provide self-expression.

### Social Interaction

- 2.5.SI1. Identify the benefits of working cooperatively with others.

### Advocacy

- 2.5.A1. Identify various ways to encourage peers to be physically active.